

YOGA ACTIVITY SHEET #2



YOGA GAME TO PLAY:

> First, try all poses together to learn the names and positions!

> TRY: Simon Says (or Yogi says)! "Yogi says try boat pose" - everyone tries boat pose. "Try pirate plank pose!" (Kids should remain in boat pose, since you didn't say YOGI SAYS!) If they did it, ask them to take a deep breath in to help refocus!

> Note: These are not all the correct YOGA names for these poses! I've taken some playful liberty to rename some and keep it FUN!



PIRATE PLANK POSE



BOAT POSE



PIZZA POSE



AIRPLANE POSE



APPLE TREE POSE



BAT IN A CAVE POSE